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The taste is pungent, astringent and bitter, the odour faintly aromatic. Part used : The bark is the only part of the Bayberry shrub now used as a medicine. Action: A powerful stimulant, astringent and tonic to the alimentary tract. Bayberry bark is one of the most widely used agents in the herbal practice.

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Michigan Medicine Complementary & Alternative Medicine

Eras of Medicine 13. "Doing" and "Being" Therapies. Holistic nurses use both "doing" and "being" therapies, as shown in Figure 1-5. These are also referred to as holistic nursing therapies, complementary and alternative therapies, or integrative and integral therapies throughout this textbook.

Holistic Philosophy, Theories, and Ethics

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